

## Week Two Weigh-in

Tracking #	Starting Weight	Last weeks weight	Current weight	Lost	% Lost
2	175	175	172.25	2.75	1.5%
3	253	253	251.5	1.5	.5%
4	236.5	236.5	233	3.5	1.4%
5	173.5	173.5	173	0.5	.2%
6	239.5	239.5	233	6.5	2.7%
7	160.25	160.25	160	0.25	.1%
8	228.25	228.25	224	4.25	1.8%
9	223.25	223.25			
10	308.5	308.5	310.5	+ 2	+ .6%
11	251	251	249.5	1.5	.5%
12	223.5	223.5	219.5	4	1.7%
13	222	222	221	1	.4%
14	262	262	256.75	5.25	2%
15	189	189	184	5	2.6%
16	202.75	202.75			
17	234.5	234.5	231	3.5	1.4%
18	317	317			
19	149.5	149.5	148.5	1	.6%
20	209	209	207.4	1.6	.7%
21	168.25	168.25	165.75	2.5	1.4%
22	193	193	192.5	.5	.2%
23	230	230	227.75	2.25	1%
24	166	166	165	1	.6%
25	207.5	207.5			
26	178	178	176.25	1.75	1%
27	225.5	225.5	225.5	0	0%
28	183	183	178.75	4.25	2.3%
29	277	277	272.2	4.8	1.7%
30	209.5	209.5	208.5	1	.4%
31	197	197	197	0	0